ABSTRACT OF THE DISCLOSURE

A detachable knee or lower leg support system for crutches which reduces the walking and standing effort when one lower leg or foot has to be protected from weightbearing. The system comprises 1. a cushioned support which can be fixed as required to a crutch by one or several clamp elements and 2. a rest element which should be used in elbow or forearm crutches for greater safety. The rest element is not required in axillary crutches. It pushes against the thigh or lower torso of the user and provides additional stability by securing a parallel alignment of crutch and thigh.